

AquaFit Class Schedule

Effective March 2019

Day	TIME	LOCATION	TYPE	INSTRUCTOR
Monday	7am-8am	Lazy River	RiverFit	Francesca
	9am-10am	Program Pool	Aqua Fitness Shallow	Mary
	12pm-1pm	Program Pool	Deep Aerobics	Ronda
	6pm-7pm	Program Pool	Tone & Flex Deep	Margie
	7:15-8:15pm	Program Pool	Water Mat Yoga	Ronda
Tuesday	7am-8am	Lazy River	RiverFit	Laura
	8am-9am	Program Pool	Cardio/ Core Shallow	Peggy
	9am-10am	Program Pool	Set Your Pace Shallow	Jo-Ann
	\$ Fee for class 11-12pm	Program Pool	Fluid Running \$	Mary
	12:15-1:15pm	Program Pool	Water Mat Yoga	Peryl
Wednesday	7am-8am	Lazy River	RiverFit	Galit
	7am-8am	Program Pool	Water Mat Yoga	Ronda
	9am-10am	Program Pool	Aqua Fitness Shallow	Jo-Ann
	\$Fee for class 11-12pm	Program Pool	Adv Fluid Running \$	Mary
	12pm-1pm	Program Pool	Deep Aerobics	Mary
	* NEW * 1:30-2:30pm	Lazy River	River Gold	Francesca
	5pm-6pm	Program Pool	Cardio Shallow	Marlene
	6pm-7pm	Program Pool	Tone & Flex Deep	Margie
Thursday	7am-8am	Lazy River	RiverFit	Margie
	8am-9am	Program Pool	Cardio/ Core Shallow	Peggy
	9am-10am	Program Pool	Set Your Pace Shallow	Jo-Ann
	\$ Fee for class 11-12pm	Program Pool	Fluid Running \$	Mary
	12:15-1:15pm	Program Pool	Water Mat Yoga	Peryl
Friday	7am-8am	Lazy River	RiverFit	Laura/Anastasia
	9am-10am	Lap Pool	H.I.I.T.	Anastasia
	10:30-11:30am	Program Pool	Aqua Vitality	Richard/ Mary
	12pm-1pm	Program Pool	Deep Aerobics	Mary
	5:30-6:30pm	Program Pool	Tone & Flex Deep	Mary
Saturday	4:30-5:30pm	Program Pool	Water Mat Fitness	Becky
Sunday	4:30-5:30pm	Program Pool	Tone & Flex Deep	Mary/ Margie

AquaFit Class Descriptions:

Aqua Fitness Shallow

This water exercise class tones, firms, increases flexibility and muscle strength, and gives your cardiovascular system the workout it needs.

Aqua Vitality

This class is for those with joint pain and stiffness. Exercises are designed to improve flexibility, balance, range of motion, muscle strength and endurance. Belts are provided.

Cardio/Core Shallow

If you like great music, running and ab work, you will love this class. Great cardio workout, plus a high energy aqua workout, targeting all the major muscles using the water's resistance.

Deep Aerobics

Deep Aerobics This class is designed to be no impact and improve cardiovascular, muscle strength, core and flexibility. Belts are provided.

Fluid Running \$

This class provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer, or athlete to participate. This class is held in the deep end of the program pool and aqua-jogging belts are provided for flotation.

H.I.I.T. Shallow

Get ready to power it up! This class incorporates high-intensity intervals throughout the bulk of the class and finishes with a focus on core and upper body strength work.

RiverFit

A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.

Set Your Own Pace

A fun shallow water aerobics class where you set your own pace within the class. Instructor will guide you through each class working the major muscle groups: toning abs, arms & legs.

River Gold

A class for stretching and toning muscles and improving cardiovascular conditioning. Core stability balance and joint mobility. A great class if you have arthritis, joint limitations, or replacements. The river provides many benefits when used for water exercise and resistance training. Gold indicates modified, easy to follow, low impact moves for active older adults and those who want to move at a slower pace.

Tone & Flex Deep

Deep water intervals workout mixed in with body movements to build muscle, flexibility core strength & stamina in all parts of the body. This class is a fun workout without impact on your joints. Belts provided.

Water Mat

Water mat fitness classes are yoga and/or fitness classes taught in the pool on inflatable boards. Classes include traditional yoga poses but have strength & fitness components that target core stability.